

A simple yet healthy twist on a trending high-street fast food..

EDUCATION SECTOR: Secondary
SERVINGS: 10
ALLERGENS: Milk



Red Lentil Korma – Rice Box

Ingredients

FOR THE RICE

600g Brown Rice

1.8ltr Water

[20g KNORR Professional Vegetable Bouillon](#)

[20g KNORR Professional Garlic Puree](#)

2 Bay leaves

FOR THE LENTILS

300g Red Lentils

[200g KNORR Professional Patak's Korma Concentrated Sauce](#)

850ml Water

FOR THE GARNISH

300g Red onion, diced

300g Tomatoes, diced

200g Carrots, grated

10g Coriander, chopped

100g Plant based coconut yoghurt

Method

FOR THE RICE

- Place all the ingredients into a gastronorm tray, mix well then cover with cling film and foil.
- Cook in a steamer or oven for 40-45 minutes.

FOR THE LENTILS

- Pour all the ingredients into a gastronorm tray, cover with foil and bake for 35-40 minutes until the lentils are cooked.

TO FINISH / SERVE

- Mix the onion, carrots and tomatoes together then fold through the coriander.
- Place a portion of the rice into a take-away container and top with the lentil Korma. Garnish with the mixed salad and yoghurt.



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